Coronary Disease Risk Prediction Score Sheet for Women Based on Total Cholesterol Level

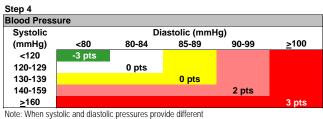**Step 1**

Age	
Years	**Points**
30-34	-9
35-39	-4
40-44	0
45-49	3
50-54	6
55-59	7
60-64	8
65-69	8
70-74	8

Step 2

Total Cholesterol		
(mg/dl)	**(mmol/L)**	**Points**
<160	≤4.14	-2
160-199	4.15-5.17	0
200-239	5.18-6.21	1
240-279	6.22-7.24	1
≥280	≥7.25	3

Key	
Color	**Risk**
green	Very low
white	Low
yellow	Moderate
rose	High
red	Very high

Step 3

HDL - Cholesterol		
(mg/dl)	**(mmol/L)**	**Points**
<35	≤0.90	5
35-44	0.91-1.16	2
45-49	1.17-1.29	1
50-59	1.30-1.55	0
≥60	≥1.56	-3

Step 4

Blood Pressure					
Systolic			**Diastolic (mmHg)**		
(mmHg)	**<80**	**80-84**	**85-89**	**90-99**	**≥100**
<120	-3 pts				
120-129		0 pts			
130-139			0 pts		
140-159				2 pts	
≥160					3 pts

Note: When systolic and diastolic pressures provide different
estimates for point scores, use the higher number

Step 5

Diabetes	
	Points
No	0
Yes	4

Step 6

Smoker	
	Points
No	0
Yes	2

Risk estimates were derived from the experience of
the NHLBI's Framingham Heart Study, a predominantly
Caucasian population in Massachusetts, USA

Step 7 (sum from steps 1-6)

Adding up the points	
Age	_____
Total Cholesterol	_____
HDL Cholesterol	_____
Blood Pressure	_____
Diabetes	_____
Smoker	_____
Point Total	_____

Step 8 (determine CHD risk from point total)

CHD Risk	
Point Total	**10 Yr CHD Risk**
≤-2	1%
-1	2%
0	2%
1	2%
2	3%
3	3%
4	4%
5	4%
6	5%
7	6%
8	7%
9	8%
10	10%
11	11%
12	13%
13	15%
14	18%
15	20%
16	24%
≥17	≥27%

Step 9 (compare to women of the same age)

Comparative Risk		
Age (years)	**Average 10 Yr CHD Risk**	**Low* 10 Yr CHD Risk**
30-34	<1%	<1%
35-39	1%	<1%
40-44	2%	2%
45-49	5%	3%
50-54	8%	5%
55-59	12%	7%
60-64	12%	8%
65-69	13%	8%
70-74	14%	8%

*Low risk was calculated for a woman the same age,
normal blood pressure, total cholesterol 160-199 mg/dL,
HDL cholesterol 55 mg/dL, non-smoker, no diabetes